



COOKING WITH

GREEN BEANS

ABOUT GREEN BEANS

- Each pod contains 4 to 6 beans. Most varieties of green bean have smooth, kidney shaped beans.
- Green beans either grow in the form of a bush that can reach 8 to 20 inches in height or in the form of a 7 to 10 feet long vine.
- Green beans are a rich source of proteins, carbohydrates and dietary fibers.
- Green beans contain vitamins of the B group, vitamins C and K and minerals such as magnesium, iron and manganese.

EXTENDING THE SHELF LIFE OF GREEN BEANS

- Green beans, if refrigerated, should be in an airtight container. Never store an opened can in the fridge, always place leftover product into a proper airtight container before storing in the fridge. Freezing beans is also an option to extend shelf life. Dried beans can last up to two years in a cool and dark pantry.

GREEN BEANS & RICE CASSEROLE, Makes 6 Servings

SOURCE: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/green-bean-and-rice-casserole

INGREDIENTS

- ½ cup onion, chopped
- 2 teaspoons vegetable oil
- ½ cup rice, uncooked
- 1 can low-sodium green beans, drained (about 15 ounces)
- 1 can low-sodium diced tomatoes (about 15 ounces)
- 1 cup water

INSTRUCTIONS

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Nutrition Facts

Amount Per Serving

Calories 376 Serving Size: 1 cup

% **Daily Value***

Total Fat 30g

Saturated Fat 4g

Polyunsaturated Fat 4g

Monounsaturated Fat 20g

Cholesterol 0mg

Sodium 31mg

Potassium 1,558mg

Total Carbohydrates 29g

Dietary Fiber 17g

Sugars 9g

Protein 6g

Vitamin A 49%

Vitamin C 94%

Calcium 5%

Iron 10%

*Based on a 2,000 calorie diet



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